



# Carbon County

## Senior Citizen

### Creature Feature

Use the clues below to find each pair of rhyming words.

Example: overweight feline = fat cat

1. crustacean in the mafia \_\_\_\_\_
2. very sad King of the Jungle \_\_\_\_\_
3. Offbeat orangutan \_\_\_\_\_
4. Imitation slithering reptile \_\_\_\_\_
5. Comical rabbit \_\_\_\_\_
6. Make-believe horse \_\_\_\_\_
7. Friendly rodents \_\_\_\_\_
8. Timid insect \_\_\_\_\_
9. Stingy lambs \_\_\_\_\_
10. Impartial grizzly \_\_\_\_\_

# Sudoku Puzzle

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   | 7 | 6 | 2 |   |
|   | 2 |   |   |   | 3 |   | 8 | 7 |
| 5 | 8 |   |   |   |   |   |   | 3 |
|   | 4 | 9 |   | 1 | 5 | 8 | 6 |   |
| 8 | 5 | 6 |   |   |   | 7 | 1 | 9 |
|   | 1 | 2 | 9 | 6 |   | 3 | 4 |   |
| 2 |   |   |   |   |   |   | 5 | 6 |
| 9 | 6 |   | 1 |   |   |   | 7 |   |
|   | 7 | 8 | 2 |   |   |   |   |   |

Fill in the blank squares so that each row, each column and each

3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guess-work.

# Sudoku Answers

|          |          |          |          |          |          |          |          |          |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| <b>4</b> | <b>9</b> | <b>3</b> | <b>5</b> | <b>8</b> | <b>7</b> | <b>6</b> | <b>2</b> | <b>1</b> |
| <b>6</b> | <b>2</b> | <b>1</b> | <b>4</b> | <b>9</b> | <b>3</b> | <b>5</b> | <b>8</b> | <b>7</b> |
| <b>5</b> | <b>8</b> | <b>7</b> | <b>6</b> | <b>2</b> | <b>1</b> | <b>4</b> | <b>9</b> | <b>3</b> |
| <b>3</b> | <b>4</b> | <b>9</b> | <b>7</b> | <b>1</b> | <b>5</b> | <b>8</b> | <b>6</b> | <b>2</b> |
| <b>8</b> | <b>5</b> | <b>6</b> | <b>3</b> | <b>4</b> | <b>2</b> | <b>7</b> | <b>1</b> | <b>9</b> |
| <b>7</b> | <b>1</b> | <b>2</b> | <b>9</b> | <b>6</b> | <b>8</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| <b>2</b> | <b>3</b> | <b>4</b> | <b>8</b> | <b>7</b> | <b>9</b> | <b>1</b> | <b>5</b> | <b>6</b> |
| <b>9</b> | <b>6</b> | <b>5</b> | <b>1</b> | <b>3</b> | <b>4</b> | <b>2</b> | <b>7</b> | <b>8</b> |
| <b>1</b> | <b>7</b> | <b>8</b> | <b>2</b> | <b>5</b> | <b>6</b> | <b>9</b> | <b>3</b> | <b>4</b> |

## Enjoy Small Pleasures

“Little things seem nothing, but they give peace,  
like those meadow flowers which individually seem  
odorless but all together perfume the air.”

—George Bernanos

## On Going Daily Activities: Subject to change without notice

| <b>Price Center Classes &amp; Activities</b>                   | <b>Day &amp; Time</b>                                |
|--|--|
| <b>Rocky Mountain Blood Pressure</b>                           | 2nd Monday of month 10:00 a.m.                       |
| <b>Community Nursing Blood Pressure</b>                        | 4th Monday of month 10:00 a.m.                       |
| <b>Billiards</b>   | Daily During Business Hrs                            |
| <b>Bingo (American Legion Auxiliary)</b>                       | Monday 6:00 p.m.                                     |
| <b>Game Day</b>  | Tuesday & Thursday 1:00 p.m.                         |
| <b>Computer Lab</b>  | open every day During Business Hrs                   |
| <b>Quilters</b>  | 2nd Thurs 6 pm & 3rd Thurs 1:30 pm                   |
| <b>Exercise Equipment</b>                                      | Daily During Business Hrs                            |
| <b>Ceramics</b>  | Beginning at 10:00 am Mon– Thurs                     |
| <b>Oil Painting</b>  | Wednesday at 1:00pm                                  |
| <b>Line Dancing</b>  | Monday, Tuesday & Thursday 9:00 a.m.                 |
| <b>Bowling Jensen's Country Lanes</b>                          | Friday 1:00 p.m.                                     |
| <b>Lunch</b>   | Daily 12:00 p.m.                                     |
| <b>Music by The Melody Five</b>                                | Wed 11:30 a.m.                                       |
| <b>Music by The Four Tune O's</b>                              | 1st & 3rd Tuesday 11:30 a.m.                         |
| <b>Organ Lessons</b>   | Thurs weather permitting 11:00 & 1:00pm              |
| <b>Movie(to be announced) call Center</b>                      | Tues 1:00 p.m.                                       |
| <b>Shopping</b>  | Mon & Thurs 1:00 p.m.                                |
| <b>Square Dancing</b>  | 1st & 3rd Thurs of each month 7:00 pm                |
| <b>Sing along</b>  | 2nd & 4th Thursday 11:00 a.m.                        |
| <b>Carbon County Historical Society</b>                        | Last Thurs of each Month 6:00 pm                     |
| <b>Computer Class</b>  | Call Center for Info 636-3202                        |
| <b>Bingo</b>   | Every Wednesday 1:15 pm                              |
| <b>Music by James (Jimmy) Eaquinto</b>                         | 1st & 3rd Thursday of month                          |
| <b>On some Mondays Music by</b><br><b>"Music of the Heart"</b> | Tom Smith, Tom Berryman,<br>Ed Burnham & Neldon Huff |
| <b>Yoga</b>  | Tues & Thurs at 10:00am                              |
| <b>FREE Hearing &amp; Hearing Aid Checks</b>                   | 2nd Friday of Month at 10:30am                       |
| <b>Christy Woodhouse (sing)</b>                                | 2nd Friday & 4th Tuesday at 11:00am                  |
| <b>Exercise Class</b>  | Wednesday & Friday 11:00am                           |
| <b>Golf (seasonal)</b>   | Tues of each week in the morning                     |
| <b>Pilates</b>   | Tues & Thurs 11:00am                                 |

|  |
|--|
| <b>On Going Daily Activities: Subject to change without notice</b> |
|--|

|                                       |   |
|---------------------------------------|---|
| <b>East Carbon</b>                    |   |
| <b>Classes &amp; Activities</b>       | <b>Day &amp; Time</b>                     |
| <b>The Four Tune O's</b>              | 1st & 3rd Monday 11:30am                  |
| <b>Lunch</b>                          | Daily ( Mon –Fri) 12:30pm                 |
| <b>Bingo</b>                          | Wed, 1:30pm                               |
| <b>Cards</b>                          | Tues & Fri 1:30pm                         |
| <b>Blood Pressure</b>                 | 1st & 3rd Weds of month 10:30am           |
| <b>Shopping in Price</b>              | Friday 1:30pm                             |
| <b>Billiards</b>                      | Daily During Business Hours               |
| <b>Computer Class</b>                 | to be announced Call center for more info |
| <b>Exercise Class</b>                 | Tues & Thurs 11:30 a.m.                   |
| <b>Walking (when weather permits)</b> | Daily 7 a.m.                              |

|                                 |
|---------------------------------|
| <b>Creature Feature Answers</b> |
|---------------------------------|

|                    |                |
|--------------------|----------------|
| 1. mobster lobster | 6. phony pony  |
| 2. crying lion     | 7. nice mice   |
| 3. funky monkey    | 8. shy fly     |
| 4. fake snake      | 9. cheap sheep |
| 5. funny bunny     | 10. fair bear  |



## Potentially Inappropriate Medications for the Elderly According to the Revised Beers Criteria

The list of drugs below is a summary of information from the following report in *Archives of Internal Medicine*:

Fick DM, Cooper JW, Wade WE, Waller JL, Maclean JR, Beers MH. **Updating the Beers criteria for potentially inappropriate medication use in older adults: results of a US consensus panel of experts.** Arch Intern Med. 2003;163:2716-2724. [ [Link](#) ]

Click on the name of each medication or medication class for detailed information from [MEDLINEplus](#), a service of the US National Library of Medicine.

### A

[alprazolam](#) (Xanax)  
[amiodarone](#) (Cordarone)  
[amitriptyline](#) (Elavil)  
amphetamines  
anorexic agents

### B

barbiturates  
[belladonna alkaloids](#) (Donnatal)  
[bisacodyl](#) (Dulcolax)

### C

[carisoprodol](#) (Soma)  
[cascara sagrada](#)  
[chlordiazepoxide](#) (Librium, Mitran)  
[chlordiazepoxide-amitriptyline](#) (Limbitrol)  
[chlorpheniramine](#) (Chlor-Trimeton)  
[chlorpropamide](#) (Diabinese)  
[chlorzoxazone](#) (Paraflex)  
[cimetidine](#) (Tagamet)  
[clidinium-chlordiazepoxide](#) (Librax)  
[clonidine](#) (Catapres)  
[clorazepate](#) (Tranxene)  
[cyclandelate](#) (Cyclospasmol)

### I

[indomethacin](#) (Indocin, Indocin SR)  
[isoxsuprine](#) (Vasodilan)

### K

[ketorolac](#) (Toradol)

### L

[lorazepam](#) (Ativan)

### M

[meperidine](#) (Demerol)  
[meprobamate](#) (Miltown, Equanil)  
[mesoridazine](#) (Serentil)  
[metaxalone](#) (Skelaxin)  
[methocarbamol](#) (Robaxin)  
[methyldopa](#) (Aldomet)  
[methyldopa-hydrochlorothiazide](#) (Aldoril)  
methyltestosterone (Android, Virilon, Testrad)  
mineral oil

### N

[naproxen](#) (Naprosyn, Avaprox, Aleve)  
Neoloid  
[nifedipine](#) (Procardia, Adalat)  
[nitrofurantoin](#) (Microdantin)

### O



cyclobenzaprine (Flexeril)

cyproheptadine (Periactin)

## D

dessicated thyroid

dexchlorpheniramine (Polaramine)

diazepam (Valium)

dicyclomine (Bentyl)

digoxin (Lanoxin)

diphenhydramine (Benadryl)

dipyridamole (Persantine)

disopyramide (Norpace, Norpace CR)

doxazosin (Cardura)

doxepin (Sinequan)

## E

ergot mesyloids (Hydergine)

estrogens

ethacrynic acid (Edecrin)

## F

ferrous sulfate (iron)

fluoxetine (Prozac)

flurazepam (Dalmane)

## G

guanadrel (Hylorel)

guanethidine (Ismelin)

## H

halazepam (Paxipam)

hydroxyzine (Vistaril, Atarax)

hyoscyamine (Levsin, Levsinex)

orphenadrine (Norflex)

oxaprozin (Daypro)

oxazepam (Serax)

oxybutynin (Ditropan)

## P

pentazocine (Talwin)

perphenazine-amitriptyline (Triavil)

piroxicam (Feldene)

promethazine (Phenergan)

propantheline (Pro-Banthine)

propoxyphene (Darvon) and combination products

## Q

quazepam (Doral)

## R

reserpine (Serpalan, Serpasil)

## T

temazepam (Restoril)

thioridazine (Mellaril)

ticlopidine (Ticlid)

triazolam (Halcion)

trimethobenzamide (Tigan)

tripelennamine

[ *End of list.* ]

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## **Price City Police Department Pharmaceutical Disposal**

### **INSTRUCTIONS**

- **Place the entire prescription bottle and contents into the drop box\or if prefer,  
place medication into plastic bags provided and discard empty pill bottles at another location.**
- **Place syringes in red sharps disposal container. DO NOT drop needles into safe.**
- **Liquids must be sealed in a non-breakable container.**

***910 North 700 East / 636-3190***

***Monday-Friday/8-5***



# Trips

Sept 19. Green River Melon Days, cost per person \$20.00

Oct 5-11. San Francisco, Wine Country, Redwoods.

1 in a room per person:\$1995.00

2 in a room per person:\$1595.00

3 in a room per person: \$1585.00

4 in a room per person: \$1455.00

To register for this tour call the center at 636-3202 or Webb Tours at 1-800-658-8519

Dear Seniors,

August is here bringing with it the “dog days of summer.” You have to admit though we certainly had a cool wet spring, very unusual for Carbon County. Whatever the weather we can always find something either to complain about or enjoy. I suggest we look at the bright side. The Payson Salmon Supper is August 7th, which is right around the corner. We have enough seniors signed up to take two buses and I know everyone will have a great time.

I want to remind you that September and October bring other trips to enjoy. In September we have a day trip to Green River for Melon Days. The cost of the trip is \$20.00 and is scheduled for the 19th. Our big trip this year is to San Francisco, Wine Country, and the Redwoods. The trip is scheduled from October 5th thru the 11th and should be a great time. Please call the center if you need more information.

I want to thank everyone who participated in the “Walk to Hawaii.” A total of 71 participants made it possible for us to get to our destination in just over one month a distance of 3,301 miles or (put another way) 8,252,500 steps. Three participants were given an award for most steps: Henry Simone, Sam Espinoza and Alicia Walz. The three most improved participants were: Yvonne Barsballe, Helen Garr and Martha Anderson. In celebration of our success in completing the walk we had a Luau. I’ve received numerous positive comments on the Luau. Since I’ve been at the center (4+ years) that was the first evening meal we’ve ever arranged. Perhaps we will give it another try sometime. I want to encourage all of you to keep up your walking. It is great exercise and has many health benefits. I am looking forward to another walk next year. So stay in shape and be ready for some foreign or exotic destination!

Speaking of staying in shape. If walking is not your thing or if you are interested in other exercise programs, you may enjoy our Pilates class held on Tuesdays and Thursdays at 11:00 a.m. The instructor, Laura Blakey is certified as an instructor and is wonderful.

God bless,

Debby

Thoughts to consider:

Too often we underestimate the power of a touch, a smile, a kind word, or the smallest act of caring, all of which have the potential to turn a life around.

— Leo Buscaglia

The thoughtful little things you do each day have an accumulated effect on all our tomorrows.  
— Alexandra Stoddard